

# **EFT** **for** **ABUSE**

**Free Yourself from  
Your Memories and Pain  
from Abuse**

Compiled by EFT Expert

**Angela Treat Lyon**

# EFT for Abuse

*The cause of all negative emotions is a disruption in the body's energy system*



Angela Treat Lyon

## ***Text and all illustrations***

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DISCLAIMER: Our mission is education. This is not medical advice. For help with a personal health concern, please consult your qualified health care provider.

All client names in each case or story have been changed to protect their privacy.

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## EFT for Abuse

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If you like what you see on any of the practitioners' sites, contact them and set up a session. Please make sure you tell them you found them through this book! They'll be pleased. Their website addresses are at the end of (most of) their articles.

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# Chapter 1

## What is EFT?

**“The cause of all negative emotions is a disruption in the body’s energy system.”**

**Gary Craig, Founder of the Emotional Freedom Techniques**

### What is EFT?

**The Premise:** As you see in the statement above, the Emotional Freedom Techniques are based on the premise that the cause of all negative emotions is a disruption in the body’s energy system.

**The Process:** EFT is a short, easily memorizable, easily applied process for making dynamic, positive change in your life. The process itself is a simple combination of the use of either silent or spoken statements combined with the stimulation of specific energetic points on the body (points also used in acupuncture).

This stimulation really can change, dislodge and dispel unwanted, blocking and disrupted energy; and allows the bodies’ natural energy flow to once again resume in a natural way.

You stimulate points on the meridians of the body, the mind/body system, as you focus on, or tune in to, problems, issues or even new choices. During this process, that energy that has been tangled up within us is transformed: it has either been released from the body, or has shifted its form to free-flowing energy now usable by the system.

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## Who can use EFT?

EFT can be used by, on or for adults, children, babies, plants and animals, both tame and wild, near and far. You can use it on yourself, friends, family, business associates and clients.

EFT is elegant, dynamic and superbly effective in the majority of cases. In its combination of psychology and energy, EFT can be used to address problems in just about any area of your life: physical, emotional, mental, spiritual, relational, financial, sexual, recreational, and more.

## Body/mind

Just as wave and particle, explicit and implicit, are two aspects of the same thing, manifest and unmanifest, body and mind are now understood to be two aspects of the same thing.

In the past, it was assumed that the mind and the body were separate units. No one was really sure where the mind resided. In the early 14 and 15th centuries, it was “common knowledge” that the mind was in the belly!

In other times and various cultures, the mind was believed to reside in the heart, or the liver, or the spleen—or even outside of the body!

Now it is more widely recognized that we are embodied within integrated body/mind/spirit systems.

It is also commonly recognized that the energy in the body plays a massively important role in our physical/mental/emotional makeup:

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**Mental and emotional blockages can impede physical functioning.**

**Physical and emotional blockages can impede mental functioning.**

**Physical and mental blockages can impede emotional functioning.**



## Clues

When there is a blockage or disruption somewhere in the body's energy system, a clue will come to the surface in one system or the other to let us know there is something wrong: symptoms, messages, red flags to which we need to pay attention in order to 1) know there *is* a block, 2) be able to clear it away or shift it, and 3) make a new choice about it.

**What it all boils down to is that if there is a blockage, or disruption, in the energy system, whether physical, emotional, mental or spiritual, our ability to live a full life will be impeded.**

Thus, the inference is that all any symptom means is that there is a disruption in the energy system of the body. When we see any symptom, we then know there is a disruption.

The symptoms can vary immensely—from acne to cancer to a tickle in the throat, a pounding heart, sweating, clammy palms, a headache or an itch. Disruption can manifest as fear of heights,

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a phobia of spiders, water or open spaces. It can show up as a tendency to get cold, to feel depressed, to fall asleep or fidget, addictions or negative tendencies or beliefs.

Now we can use EFT to help us get as free from restriction, pain, discomfort, upset or dissatisfaction as possible.

Since I like to start with what I prefer to create in my life first, and move through the obstacles as I travel down that road—rather than always focusing on what's wrong in my life—I'm going to give you a list here of what you can use EFT to create in your own life.

Maybe you might want to move towards some of the things on the list, yourself:

### **EFT can help you expand:**

- specific health aspects
- general health and physical comfort
- public speaking ability
- sport performance abilities
- dance, singing, & other performance
- ability to learn • self-esteem
- improvement for people in permanently compromised physical, mental or emotional states
- improved ability to communicate
- improve relationships of all kinds
- the ability to receive and create prosperity
- the ability to handle and increase wealth
- improve business
- and much more.

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Here is a *partial list* of some of the problems from which thousands of people of all ages all over the world have gained relief:

### **EFT can help you relieve:**

headaches & migraines  
chronic pain  
traumatic memories of:  
war, rape, abuse or molestation  
fears and phobias  
depression  
limiting beliefs, emotions or habits  
anger, rage, tension  
weight gain/weight loss  
nail-biting  
anxiety and despair  
fear of public speaking  
performance anxiety  
chronic negative attitude  
self-doubt and self-hatred  
confusion and foggy mind  
all kinds of cravings and addictions  
many kinds of physical illness  
chronic pain and illnesses  
nightmares; fear of dentistry  
and so much more there isn't room here.

### **Big/small**

Using EFT, it is possible to rapidly clear blockages from our energy systems, producing greater comfort, peace and pleasure in our lives. The disruption can be miniscule, simple, enormous or complex. EFT can be used to address any of them. Notice I say "address." As far as I know at this writing, no-one at this point

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claims to have had 100% success with clearing all problems with EFT. Maybe one day we will—I hope so.

As EFT practitioners, we are encouraged to say that EFT's success rate has been very conservatively estimated at 20 to 60%. However, in my own use of EFT on myself, clients and groups (and for the majority of other practitioners and EFT Masters who use EFT on a regular basis), I've experienced a very much higher rate than that—more like 95%.

EFT enables us to clear blockages from our energy systems. This clearing results in the body's ability to return as much as possible to its natural state of ease and health.

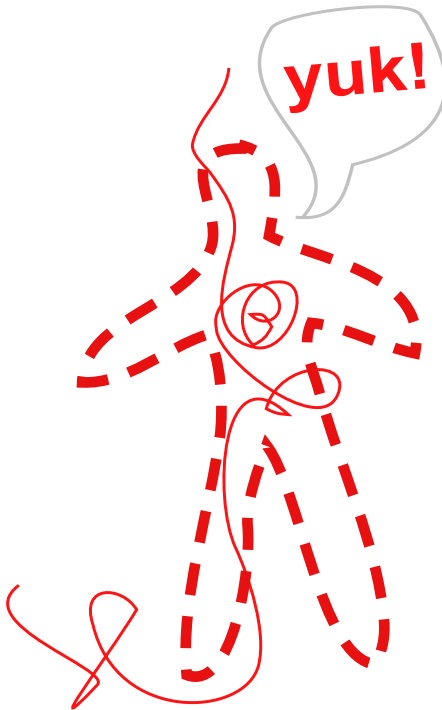
**Remember: whatever the symptom,  
it simply indicates a disruption  
in the energy system of the body.**

Who can benefit from EFT? Adults, children, babies, plants and animals, both tame and wild, near and far.

Have a load of fun while you're at it—remember that this isn't a dress rehearsal—this is LIFE! Make it as good as you can while you can! Exploration with EFT is a journey, a great experiment! We have a good idea what it is capable of, yet there is so much more we still have to learn. Use EFT on everything, and see what results you can get.

On the following pages are illustrations showing what happens on an energetic level when we are traumatized, then use tapping to get relief, and finally, after tapping.

# energy trauma



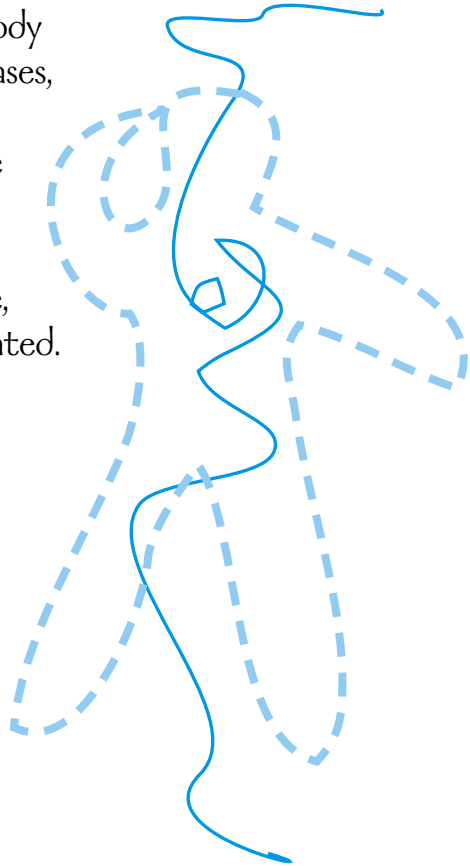
Trauma, shock, fear or upset can produce tangles, knots or blocks in your body's energy system. When your energy system is tangled up, you feel constricted, limited in movement and ability, blocked, and any number of other unwanted or unpleasant sensations or situations.

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# Using EFT

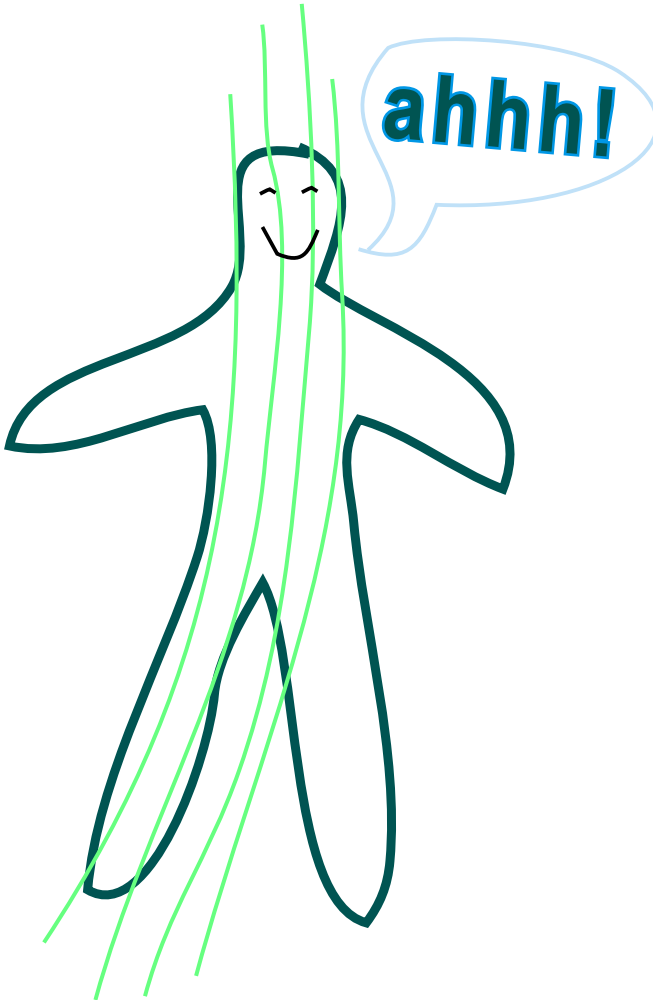
By simply tapping on some specific points on the body as you state specific phrases, your energy can start to flow freely again, and the unpleasant or unwanted feelings, pain, beliefs or thoughts actually change, are released or are dissipated.



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# Relief!



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# EFT and Abuse

EFT has a high success rate with Trauma and Abuse issues, especially when applied to specific events. EFT's results for child abuse and all other forms of abuse are often astonishing.

In most cases, feelings of anger, fear or guilt either vanish, or are materially reduced within a few minutes of applying EFT.

Also, repeated applications of EFT often eliminate these feelings permanently so that they no longer re-appear on a daily, weekly or monthly basis.

For those who don't achieve instant relief, EFT is still likely to improve or completely resolve the problem. However, in these cases more sophisticated approaches are usually necessary. EFT is ideally designed to address these emotional issues and, once properly applied, many emotional issues subside permanently.

*Here is what EFT Founder, **Gary Craig** of [Emofree.com](http://Emofree.com) says:*

**“Any negative emotion is caused by a disruption in the body's energy system.”**

Now that we have seen some of the causes of stress and where it shows up in our bodies, it's time to think about what our thoughts are about our lives, and the effects our thoughts have on our bodies' energy systems.

Why? Because EFT posits that it is not necessarily the actual *cause* of stress that hurts.

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What hurts is the *result* of the disrupted energy in our bodies, as well as the results of the thoughts, beliefs and habits we form around the pain we feel because of that disruption.

**Imagine what your life would be like if you didn't spend so much time and energy as you do now on pain and fear!**



I suffered from a deep depression for 35 years. The stress and worry absolutely crippled me more days than not. There wasn't a day that went by that I didn't have the desire to end it all in some way—the mental and emotional pain was simply too much, and I didn't know how to make it go away. I just wanted to give up.

Fortunately for me, I found EFT, the simple tool with which, in 6 short weeks, I resolved the depression. It hasn't reared its ugly head now for years. I love the tool so much I teach it to others. Since you're not here with me, I wanted to make it possible for you to discover, explore and use this marvelous tool, too. That's why I compiled this book.

Once you see how easy it can be to get through what used to be unsurmountable problems at impossible odds, your entire outlook on life will shift. What I realized I had found such an important key, suddenly I had real hope. Not the, "well, OK, I can live with this a little longer" kind of hope, but Real Hope—that has now turned into confidence.

Most of the following chapters have a brief intro by EFT Founder, **Gary Craig** (many more of these articles can be found on his chock-filled website, [Emofree.com](http://Emofree.com)).

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You'll see how each practitioner has his or her own style—I have used font styles to keep a bit of consistency. I used **bold green** to emphasize the **tapping protocol** in each story.

In the practice of EFT, there is an amazing phenomenon I want you to know about. Recognition of this phenomenon came about as Gary watched how participants in his workshops tapped on other people's issues and got results, themselves—even *though they had not been specifically tapping on their own issue*. He calls this **Borrowing Benefits**.

***You can read and tap along with each of the stories in this book and get benefits, yourself—even if the issues are not the same as what yours are.***

Take full advantage of this aspect of EFT! By the end of reading each article, you just might have more relief from pain, memories and fear than you have ever felt before!

What will *you* do with all the energy that has been backed up within you? Do you have a Dream of doing or being something you never thought was possible? I say to you, get going! Because *you can do it now!*

Aloha,

*Angela Treat Lyon*

Hawaii, 2007

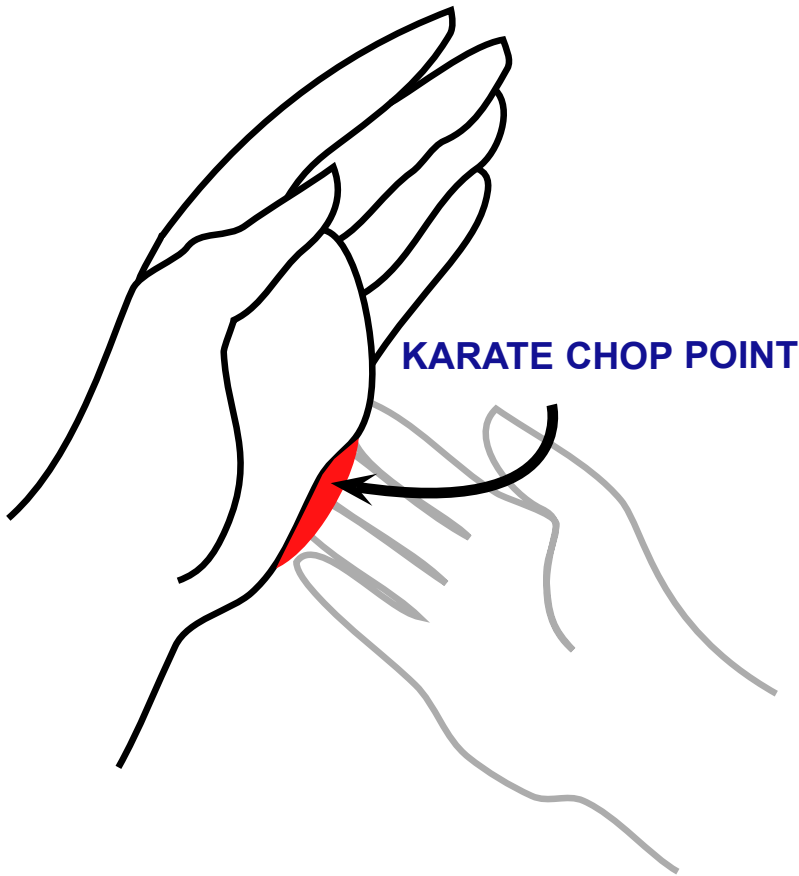
**The next chapter shows you how to use EFT.**



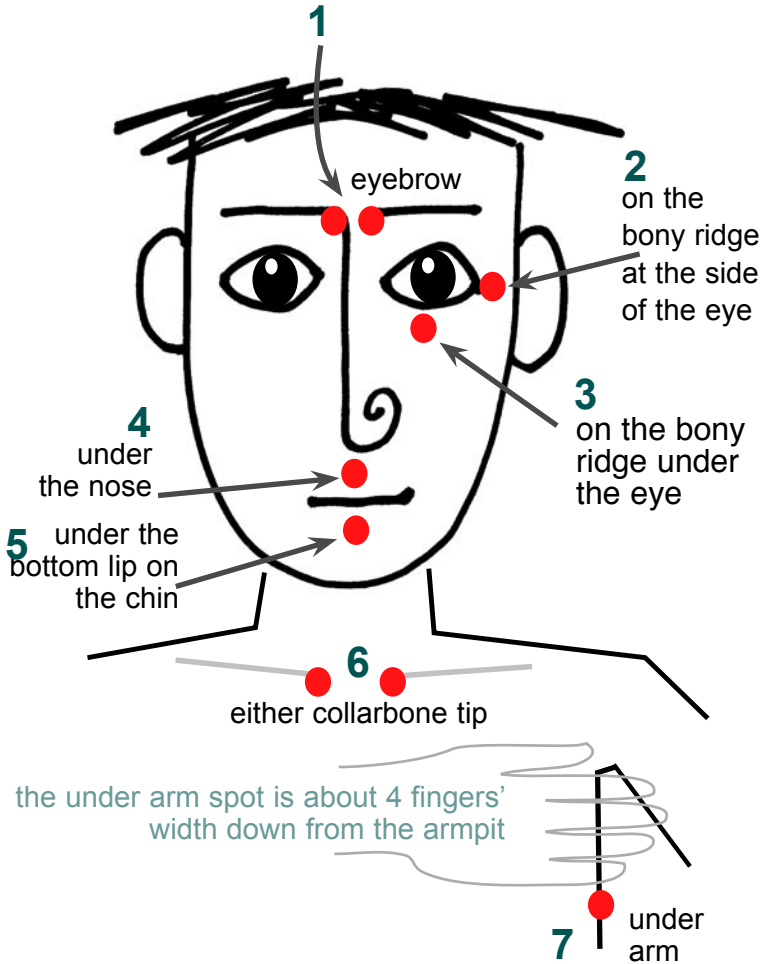
**Chapter 1**

**The  
Illustrated  
Tapping  
Points  
and  
How to Do EFT**

# the Karate Chop Point



# the Basic Tapping Points



# the Sequence



## The sequence Part 1: The setup

**A. Say statements 1 & 2 in a complete set three times**  
as you firmly strike the Karate Chop Point:

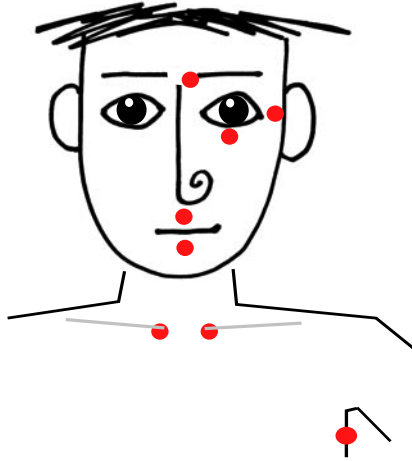
**1. Even though I \_\_ (feel angry; have this pain) \_\_**  
(insert your own phrase)

**2. I deeply love and accept myself**  
**or I want to love and accept myself**  
(or, if for a child: I'm a great kid,  
or another appropriate phrase)

## Now go to Part II, the Tapping Sequence

(for more information and a free book and audio  
about how to learn and use EFT, go to [EFTBooks.com](http://EFTBooks.com))

# Tapping



## The Sequence Part II: Tapping

**B. Repeat a reminder phrase like, “this anger” (the gist of the setup phrase) as you tap down all the points from top to bottom**

Repeat Step B two or three times. Repeat as many times as it takes to get relief or to get yourself comfortable.

When you have had a satisfying shift in thinking or feeling about the issue you are tapping on, create a short, positive “choice” phrase that would encapsulate how you’d rather feel or be. Then do Step C.

**C. Say & repeat the gist of an “I choose” phrase as you tap down through all the tapping points: examples:**

- I choose to amaze myself by letting this go;
- I choose to feel happiness anyway;
- I choose to understand; I choose to feel free;
- I choose to take my power back

# 2

# 13 Years of Daily Abuse Fades with a Form of The Personal Peace Procedure

Sue Jones from Australia suffered from 13 years of daily sexual abuse and thought she had “handled it.” Alas, the memories eventually became severe and troublesome and so she spent an entire year writing out her memories and using EFT on each of them (this is an interesting form of our Personal Peace Procedure). She says, “The results of that process have been profound. It is almost as if I grew up unharmed.”



**I was forty four when I was introduced to EFT**, and although when I was first told about it I thought it sounded bizarre and not something I would want to try, I came to appreciate that after forty years, the pain I felt when I remembered my past made it worth trying anything!

So I listened to a friend who valued EFT, looked at the web site, and began to try it out. I was still somewhat sceptical!

**I had been a victim of thirteen years** of almost daily sexual abuse by my father, coupled with the knowledge that my mother

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stood by and did nothing, and engaged in physical and emotional abuse of me alongside him.

**The abuse began when I was four years old**, and ceased when I was sixteen, when, sure I was pregnant, and more afraid of the potential consequences of not stopping him, I said 'no more.'

**For the next twenty or so years** I thought I was doing OK. And in many ways I was. I had trained as a Social Worker, got married, and had eight children. Our life was really pretty good, and to anyone looking from outside, we would have all seemed happy, and ok.

However, when one morning my husband up and left, and I was faced with being alone, raising the children by myself, and managing the life I thought we were sharing without him, I was faced with some pretty big emotional holes to plug. That was about three years before I came across EFT.

By the time I was introduced to EFT I had done a number of things—personal and marital counselling, self help for Co-Dependant recovery, a lot of reading, post graduate study in counselling, which was enlightening for me, and, really, I had progressed in many ways. And yet....

**The hardest thing for me was always the memories.** I had memories I could not talk about, but which I longed to unload to someone.

The problem I faced was that when I tried to share these memories, people around me mostly didn't really have the capacity to hear—often saying things like 'don't feel you have to talk about it—its so painful for you.'

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And so the memories stayed firmly tucked away in my own head where they were 'safe'—or perhaps where others were safe from them.

**But keeping them to myself meant that** I was locked in with them. They were always there for me. Memories that made me uncomfortable in a myriad of circumstances. Memories that would be touched by current events, triggering painful emotions. And there were so many memories.

Year before I had considered and even begun writing a book, but the project was, frankly, too painful for me to complete.

**After I was introduced to EFT everything changed.** Even writing this brings tears to my eyes as I remember the pain I used to live with, which is now gone.....totally gone. I am a different person. And I have finally been able to write my book.

What I did was to spend about a year. Yes, a year. Each day (well, each evening after I got the children all to bed) I wrote.

**Then I tapped through every memory** I had written about. I found that it was essential to not tap generally on being abused, but to name every single event that happened to me, and every emotion that came to mind as I tapped on each event.

**Sometimes I came to a block.** At those times I *did* tap generally, 'even though I can't remember what happened...I feel uncomfortable when I remember that car...' This often unlocked feelings and then I was able to make links to things I did remember that clarified what had hurt me.

**I did not, in this process, recover lost memories.** I was always fully aware of what I had suffered. What did happen though is that

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I became more aware of the *feelings* attached to the events, and became clearer about what I had actually felt.

**My feelings, as I was living with the abuse, were always pushed aside—in many cases totally abandoned.**

It was the only way I was able to continue living within my family while still being abused.

As I tapped on a specific event, I would start to become aware of feelings I would surely have had, but suppressed all my life until then. And it was tapping on those feelings that brought the most amazing results.

**I also found that I could tap retrospectively.** What I mean by that, is that I found I would sometimes remember a feeling I had had when I was 6, or 10 or whatever, and then I would focus on myself as I was then, clothes I wore, places I lived, get a very clear mental picture of myself at that age, and then tap as if I was tapping at that time.

**The results of that process have been profound. It is almost as if I grew up unharmed.**

**What I have got out of my use of EFT leaves me speechless.** I really am a new person, and so thankful that I had the courage to try something that seemed strange!

My book, to be called ***Miles Away***, is almost ready for

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publication. And I will refer to EFT in the acknowledgements, because it was only through knowing that I could tap away each memory, that I could write about them.

And it was only in writing them down that I could finally get them out of my head. Sharing my story with the world was made possible through EFT and I will be forever thankful.

*Sue Jones*



# 3

## Locked in the Cupboard

Pieter de Zwart combines his intuition with quality testing of his work for a first class result for trauma

There are some important examples in this case by Pieter de Zwart of New Zealand. He got behind the word “wind” to dig up a traumatic incident and then, after successful rounds of EFT, tested the result by recreating the original scene. This case can be modeled to fit many circumstances.

Hugs, Gary



**Here's a case that illustrated to me** how EFT practitioners need to combine good listening with intuition as well as questioning in order to avoid misdiagnosis, misunderstanding and incomplete resolve of issues. Also, how language can be interpreted differently.

I have permission from the client to ‘publish’ this short story, but on condition that her name be changed.

**Trudy, a lady (40) originally from South Africa**, called me to ask if I could help her with her self esteem issues. So after the usual introductions and small talk at her first session, and

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knowing self esteem issues often stem from many deep seated emotional upsets, I asked her what was bothering her the most at the present time. “Wind,” she said. Wind? “Yes, I get these pains in the lower right hand abdominal area.”

I thought, considering the area she’s pointing to... oh, well—makes sense; gas pains, perhaps irritable bowel syndrome.... Further questioning also reveals issues with parents and childhood abuse.

**So, we first start tapping on the pain**, which she rates at a 6, but after 3 rounds we’re only down by 1 point. Therefore, before continuing, I decide to do some further questioning, and mention that gas pains or wind are often also associated with holding on to undigested ideas, etc.

“Gas pains?”, she replies, “like flatulence? No haven’t got that. I get the pain down there often when I hear the wind blowing, especially when I am inside the house...”.

**Turned out that as a child she was often locked** into a cupboard when mum and dad had a fight, or later after dad died, when mum had other men over. And as the cupboard wall was an outside wall, while in there she heard the wind blowing, and that caused an association to the trauma endured. So now every time she hears the noise of the wind, or was/is near a cupboard, but lately also just randomly, the pain reaction is triggered.

So we decided to tap on this childhood trauma experience, which she rated at a 10. We said as we tapped: **“Even though I was locked inside the cupboard, which wasn’t my fault, and I hear the wind blowing, I deeply love and accept myself.”**

**After two rounds she says she’s down to a 3.** Wow, great—but something tells me that that is not quite genuine, so I asked her

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to check the rating and yes, it's a 3. Okay, if you say so, I thought. But that made me then go to the double cupboard in the room, open it and ask her to step inside.

**Her reaction spoke for itself**—she completely broke down. After settling down she admitted that it was still a 10, but hadn't quite wanted to look a fool and get it over and done with, so stated a 3!!

We continued with more EFT and some different setup statements addressing fear and anger as well. After 6 more rounds she genuinely was down to a 3; 1 more round after that achieved a 0.

**So I asked her to go into the cupboard again and this time she went willingly**, even closed the door behind her and felt no anxiety at all, several times. Needless to say she was very happy, and it showed, too.

In session 2 we again tested the cupboard—which remained at a 0—and also addressed childhood (sexual) abuse issues. I received the following thank you note from her:

*“Thanks to you and the EFT program I have resolved a lot of my past problems. I did have some doubts but I am now convinced that the EFT program works. I have rediscovered joy in my life, I feel a lot better in myself and all those around me have noticed the difference. Thanks again.”*

Warmest regards

Pieter de Zwart

[BehaviourChanges.com](http://BehaviourChanges.com)



# 4

## Handling Abuse in A Quality way

Stefan Gonick gives us a detailed look at his extraordinary EFT work with an abused client. Dramatic changes occurred after his impressive use of the Tell The Story Technique, Crescendos (Specific Events) and Humor. Further, EFT succeeded rather easily where other well known techniques failed. This article is for serious students who would like to study a sophisticated case.



**I would like to share an EFT success story** that is particularly satisfying to me because it involves a long-term client for whom EFT succeeded where other therapies I tried with her failed.

**My client, “Linda,” had a severe abuse background** with her father. It occurred as she was growing up, and continued up until recently. He had a tradition of calling her every morning at 7am and berating her for a half hour about how incompetent she was at running her life.

She is in her early 50s. She hated these morning calls, but as a result of her life-long abuse, was terrified and intimidated by him and couldn't say no to anything he wanted.

When she started therapy with me she had a hard time saying no

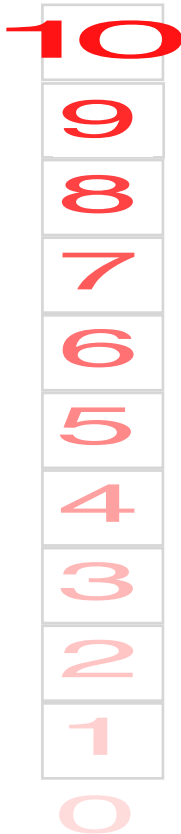
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to anyone, especially men. Her friends also tended to treat her like a doormat.

I was originally trained in Gestalt Therapy, which I had always considered to be significantly more effective than traditional talk therapy. I worked with her for four years using Gestalt Therapy with very gradual, incremental results.

Over that time she developed *some* ability to say no to *some* things with some people in her life, but still struggled greatly. She continued to be incapable of saying no to her father.



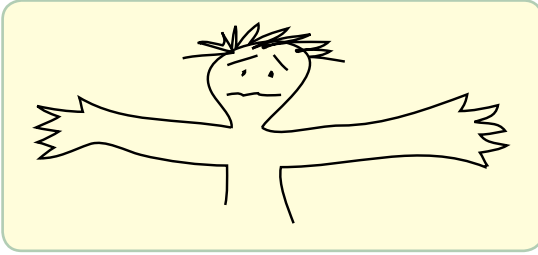
Towards the end of the four years, I got trained in EMDR. I was excited to try using EMDR with her on her worst abuse memory, but didn't get much in the way of results after a couple of tries. Soon after that she decided to stop therapy. Two years later she returned to do therapy again. In the meantime, I had learned EFT.

**We started to work with her worst, most painful memory**, which consisted of her witnessing her father punch a hole in the wall right next to her mother's head when she was 4. That experience resulted in her terror and the intimidation by her father (reinforced many times with other experiences over the course of her life).

**Before we started processing her memory**, I asked her how scared and intimidated she was of her father today.

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**She had a hard time rating her feelings with numbers**, so I asked her to show me with her hands (where a 10 would be her hands as wide

apart as they can reach). She indicated that she it was a 10 with her hands. The right brain approach of using one's hands seems to help clients that have a hard time putting numbers (left brain) on feelings (right brain). This also works well with children.

We used the *Tell the Story* technique to process the memory. She started by narrating the story, in present time, at a point before anything bad happened.

“I’m in the living room playing with my dolls. I hear yelling in the kitchen down the hall.”

We tapped on, **“Even though I hear yelling in the kitchen”** until her intensity went to 0 (hands completely together). She



continued the story, “I got up to see what was happening. I went into the hallway, and the yelling was louder.”

We tapped on **“Even though the yelling was louder in the hallway”** until her intensity went down to 0. I had to stop Linda after each sentence and ask

if she was having an emotional reaction to her own words. I had instructed her to stop as soon as she was having any reaction at all, but she never did. I have found this to be true with most of my

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clients. They tend not to voluntarily report a reaction before the crescendo of their memory.

**We kept processing each part of the story** until we reached her crescendo (this included seeing a look of rage on her father's face and backing her mother against the wall). The crescendo consisted of her standing behind and to the side of her father, looking up, and seeing his fist traveling towards her mother's face.

She didn't know at first that it would miss and hit the wall. **"Even though Daddy's fist is going to hit Mommy's face."** This part took a lot of tapping, but we still managed to reach a 0. Then we continued through the rest of the story until there were no feelings left to deal with.

**We then walked through the whole story again from beginning to end. There was still no reaction.**

I then asked her to show me how terrified and intimidated she was of her father now, and she showed me with her hands that it was down to around a 5 (as best as I could estimate from the distance of her hands). This seemed like an encouraging result after defusing only one memory.

Two weeks later, in our second session, I asked her to walk through the memory again, and it was still pain-free.

We then de-charged her second worst memory in that session, again using the *Tell the Story* technique. It went similarly to the first. I will leave out the details of this session to shorten an already lengthy email.

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On the third session, I asked her to walk through the second abuse memory, and this time she did have some feelings about it, even though it had been “de-charged” in the prior session.

**She had gotten in touch with a new aspect** of the memory that hadn't come up the first time. We spent about 10 minutes finishing up that final aspect.

She then spontaneously complained about getting her usual berating phone call from her father that morning. She said that she knew she should tell her father that she didn't want to start her days that way but didn't feel able to say so.

**I asked her what she was afraid would happen** if she said no to her father, and she got in touch with an irrational fear that if she said no to him, he would feel so hurt that he would actually have a heart attack and die.

We tapped on “**Even though Dad will get a heart attack and die if I say no to him.**” She made some progress, but this fear was tough to get down to a zero using that phrase.

I asked her if anyone else in the family ever said no to her father. She said that her brother did all the time. I then tried some reframing with humor: “Even though Tom can say no to Dad at any time, MY no's are deadly.” This got her laughing, which seemed to help the process a lot, and her intensity came down the rest of the way.

**I have found the humor approach** to be helpful with clients that have an exaggerated view of the impact of their actions and/or self condemnation. For instance, another client felt very guilty about some negative behavior that she did towards a friend. She had tried to make amends but was still beating herself up

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for it and had a hard time forgiving herself. The breakthrough for her was when we used the set up “Even though I am Satan’s daughter.”

This was so absurd that she laughed each time she said it, and her guilt intensity finally dropped to zero.

Soon after the third session with Linda, her father requested that she come down for a visit. She declined his invitation (a first). He later requested another visit, and she went that time.

When he opened the door, he looked very angry. Linda then put her hands on her hips and said, “You’re pretty angry, huh?” She then looked at her watch and said, “But in five seconds you’re going to melt.”

Her father looked surprised, and then his anger did melt. He nodded yes, and put his arms out for a hug.

**This was a HUGE behavioral change for Linda.** In the past, if her father looked even slightly angry, she would completely collapse. She also took time to do things in the city on her own during that visit, which she had never done before.

What I really like about this case is that it is a great “before and after” example about the effectiveness of EFT. Sometimes, people will discount EFT if that was the only technique used with a new client. They’ll come up with alternative explanations as to why the client got better (the Apex problem).

**In this case, however, it was the same client** with the same therapist in both phases of therapy. Four years of Gestalt Therapy and EMDR had only minimal results.

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### **Three sessions of EFT was dramatically effective. It's hard to argue with that.**

By the way, after that visit, Linda's father spontaneously stopped the daily beratement calls.

Hugs to all,  
Stefan Gonick

[StefanGonick.com](http://StefanGonick.com)



# 5

## 3 Sessions Lift Depression, Anger & Sexual Abuse Trauma

Here is a masterful piece of EFT work by Shelley Hawkins-Clark. Note how she steps through the various issues with her badly abused male client.



**A client came to me recently seeking help** for a feeling of being shut down, depressed and struggling in his marriage.

**He wanted to be able to communicate better** with his wife and daughters, feel more confident and “not be miserable.” He’d become afraid of his own anger. He is in another part of the United States, so we worked completely by phone.

He was very skeptical of EFT while also hoping it would help.

In each of 3 sessions, I addressed significant issues with him. As a child, he was sexually abused, forced to watch his sister’s rape by his stepbrother, and sent to a boy’s home where he was further physically and sexually abused.

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He is now in his early 30s, and just over a year ago, his sister was brutally murdered, and the one responsible has gone unpunished. You might imagine the soup of emotion that had been stewing in him.

**I asked him what pressed on him the most.** He wanted to begin with his sister's murder. I started with the *movie technique* to bring the general anxiety down, then we addressed individual aspects of the event: his guilt that he couldn't do anything about it, anger that the guy got away with it, not able to forgive himself for not helping her when she recently asked, the sadness, loss, the fact that her son won't know her.

**This event was completely neutralized in the first session.**

In the second session, I followed up with questions about his sister's murder. He said he had to "make himself think about it" during the week to see if it bothered him. He had no reaction to it. He wanted to address his anger.

**He felt he didn't have a right to feel angry and didn't trust himself with his anger.**

He felt guilt for breaking a guy's nose a few years earlier and not going to jail.

I started to address the pieces here: regret, guilt, should have been punished, fear of expressing anger.

Each one was coming down in intensity, beginning from around 6 to 8 out of 10. As these came down, the door opened (as EFT has a way of doing) to working on the sexual abuse.

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The remainder of the session, we addressed the rape of his sister. I used the movie technique extensively so that he would not have to talk or think about it, addressing the general anxiety at first, which was a 10. When his general anxiety about the “Psychotic Stepbrother” movie was nearly a 0, I moved to each crescendo until each was eliminated.

To test whether any anxiety still remained, I asked if he was comfortable telling me the story of what happened. He thought that would be fine, since running the movie through his mind no longer caused any emotional response.

Some slight response arose as he remembered a couple more details while telling it out loud. I addressed each of these remnants and asked him to tell me the story again.

**After telling me the story, I asked him** if at any point in the story anything still bothered him. Intuitively, I usually know whether there is anything remaining, but I like to double-check by asking my clients. It also opens the door for new aspects and avenues to show themselves.

**He was silent for a long moment, and finally said, “just a minute, I’m still looking for it.”**

**Then he remarked that he felt bewildered. “Wow, I’ve been carrying this all my life and now it’s gone.”**

In the third session, we began addressing physical and sexual abuse that he experienced at home and at the boy’s ranch. We started again with a combination of the movie technique and the tearless trauma technique, with titles such as “Freaks R Us,” and “The Ranch.”

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**The pain around these events neutralized** until we came to a particular occurrence of sexual abuse. It would not budge.

Intuitively, I asked if he struggled with addressing this with me, as a woman. Indeed, addressing the issue at all, but especially with a woman practitioner, felt embarrassing and stressful, even though we were again using the movie technique where nothing is being described.

I ignored the sexual abuse event and directed the tapping completely on the aspects of the shame, embarrassment and other feelings associated with even thinking about addressing this with me.

**Once these pieces were cleared**, I went back to address the sexual abuse. Without tapping on any piece of the actual event, the entire event had collapsed. Afterward, he described what took place and was free of emotional charge.

Many weeks later, I started working with his wife as a client and asked how he was doing. We never know exactly how our new freedom will take form when we free up emotional/energetic fuel stores that have been trapped in us. Often it is like an “awakening.” Here is some of what she emailed to me.

**“Here’s my husband’s story from a grateful wife’s eyes!** For the last three years my husband was among the walking dead. He was constantly sullen, unkempt, defensive about every little thing and especially cold to my advances, emotionally or physically. He was never intentionally mean or combative, just very apathetic to the world around him, including me and our infant daughter.

“Generally, when he got home from work, he either slept on the couch until dinner or zoned out in front of the television. There

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was MINIMAL conversation other than 'How was your day,' and he seemed to rarely laugh. As a counselor in the substance abuse field, I easily recognized the 'clinically depressed-type' symptoms. It was like living with a zombie; he was miserable to live with. [...After his sister was murdered] I helplessly watched him descend into complete despair and hopelessness.

"After completing the three sessions in about 3 weeks, he started to act a bit differently. The last few [weeks] have been incredible.

**"He is a completely different person.** He is motivated at work, he helps around the house, TV doesn't seem to be a huge interest to him, he helps me cook dinner, he plays with our 14-month [old] daughter and shows great interest in how we're doing while he's at work.

**"He tells really funny jokes and has a great laugh!** I never knew he could be so funny! He has started to care about his appearance and at the latest wedding we went to, I didn't have to prompt him to wear his suit!

**"He communicates with me so much more** and on deeper levels than before. I really feel like I'm getting to know him all over again!

**"He is self-motivated to take care of chores** instead of me begging him over and over again to do something.

**"He communicates with me about plans for the future,** seems very much more interested in my current pregnancy and seeks me out for dates and intimate time!

**"The depression truly seems to have lifted** off of his back and he seems to be able to focus on goals and objectives much better

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than before. I can't tell you how different he is—it is truly like Dr. Jekyll and Mr. Hyde, except now I have the good guy around all the time!

**“Admittedly, I wondered if it was EFT that did the trick** and asked him what made him change, he succinctly said—‘God brought me to EFT, and EFT opened my eyes and brought me back to God.’ Wow. I’m a believer.”

Me too!

Shelley Hawkins-Clark, EFT-ADV

[CadenceHealing.com](http://CadenceHealing.com)



# 6

# EFT in the Aftermath of Domestic Violence

Domestic violence is one of those unspoken atrocities that exists in our culture. Fortunately, Ann Peck found uses for EFT right after the abuse occurs and shares them with us.



It's been 4 years since EFT blessed my life with its presence. Thank you so much. I've dedicated my EFT practice to working with women, especially those with histories of abuse. Teach what you know, they say, and so I do.

**EFT has been instrumental in my healing** in so many ways. My history includes sexual, physical and verbal abuse, among other things. While EFT has helped in healing the effects of past abuse, sadly, it cannot prevent abuse from happening. It does, however, give us something to use when abuse occurs.

**Recently, I was physically assaulted** by my former husband. My children were present, and my oldest got involved by jumping onto her father, telling him not to hurt her mom. She then called 911.

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### **EFT to the rescue—in a manner of speaking, that is.**

Upon getting to safety and while waiting for the police, I immediately began tapping. (**I can't believe he did this ... I'm really OK ... It wasn't my fault ... I didn't cause this to happen ... Need to calm down ... Kids need me.**)

**EFT calmed my emotions and pulled my scattered energies** back into balance, allowing me to attend to my oldest child. Telling me she was so scared and that she thought her dad was going to kill me, I asked her if we could tap. She looked back at her dad and promptly refused. (Her dad is against tapping—probably because he has seen it work!)

I tapped as a surrogate for her and noticed her breathing started to even out and the crying and shaking stopped. I tapped on **... this precious child ... this amazing strong child ... this courageous child ... feeling safe ... breathing calmly.**

Later that evening I tapped with my youngest as we talked about what happened. By the time we were done, he was able to rest peacefully through the night. This event continues to give us lots of opportunities for tapping as we navigate through the legal system and our own individual healing, and I cannot imagine life without EFT!

Blessings to you,  
*Ann Peck & children, ages 11 & 6*  
[GoddessJourney.com](http://GoddessJourney.com)



# 7

## Father Abuse

Gillian Wightman from Scotland leads us expertly through a complicated “father abuse” case—a fabulous start.

This article beautifully displays how to deal with many aspects and creatively move a client along a quality healing path. Study the creativity here. There are many ideas that have widespread use.



**My client had had one session of EFT** with me: it had happened as she started talking about her food difficulties. She wanted Kinesiology (muscle testing) for food sensitivities, and made it clear she wanted no emotional work as she was seeing a therapist for suspected child abuse issues.

However, things happen—and our subsequent tapping session culminated with a lovely vision of her forgiving and accepting her inner child, who until now she had hated and despised.

**She also said she had more insights and release** from 1½ hours of EFT than in 14 months of regular psychotherapy. Although it was clear that the therapy had helped, she often felt traumatised for weeks after a conventional session and found them very, very hard.

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However, she was receiving free psychotherapy on her health plan at this point, and felt a responsibility to continue. I told her that was fine, but if she felt she wanted more EFT sometime that I would be happy to help.

**She later phoned to say the psychotherapy sessions** were now proving too traumatic. She was being asked to revisit a memory of what she believed was rape by her father. She was sure of the rape, not of the perpetrator, but her logic told her it could be no one else.

In conventional psychotherapy, the memory wasn't clearing at all, and she was really suffering with negativity, self-loathing and flashbacks.

**I asked her if she had noted benefits from her last EFT** session, and she reported a total absence of nightmares, and if she woke up she was in a normal sleeping position, not curled in a tight fetal position, which would have been normal previously. Since we had worked on an attack which had happened in the night, that was a reasonable result.

I started asking how she was feeling—I was ready to do some preparation about being nervous about the session. I did not want to lead her into the memory she was struggling with straight away—and to be honest I was really unsure where to start.

**She said that she had a headache, like a migraine,** sore shoulders, sore neck, indicating a band round her upper body. I asked her to take a deep breath, and it was hard for her.

**I asked her to visualise what was happening in her chest.** She saw a red colour, but had no idea what it meant, or what she was feeling. She wanted the colour to be yellow, not red.

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So we tapped:

**Even though I have this red colour when I want it to be yellow  
I don't know what it is  
I don't know what it means...**

**This is a familiar feeling  
it's a feeling I need to control  
to keep down  
sometimes it's overwhelming  
I force it down.**

**I asked her if she could imagine life without the feeling.** She said, "No, I have had it all my life, I cannot imagine life without this feeling, I wouldn't know who I am."

**Even though I can't let this feeling go,  
I won't know who I am...**

**Even though I can't let go of this feeling  
it keeps me safe  
without it I might be outrageous and angry  
that would be terrible  
I can't be angry...**

I asked her what might happen.

**Even though I am frightened  
I might be so angry I could kill someone...**

So far, I had not checked her level of intensity on a scale of 0 to 10, as things were changing quickly and it didn't feel appropriate to check. But I checked here. I asked her to guess how high was this anger before we tapped—she said 10 out of 10, but now it was 4 out of 10.

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**On questioning, she said she was angry with her mum**, not her dad, and she didn't understand it and wanted to be angry with her dad. We tapped for that,

**Even though I am angry with my mum  
and that's confusing  
why am I angry with her  
I should be angry with him  
he did the bad thing...**

She said she couldn't be angry, as then it would be proof he did it and she really didn't want to know he had done it.

**Even though I can't be angry with him  
because if I am it would be true  
he did do it  
and it wouldn't be my fault  
I would rather think it's my fault  
I don't want to know he did it.**

When she said out loud, "It's my fault," it was 5 out of 10 for being true.

**I asked her what she would choose instead.** She said she would choose to have control over whether she was angry or not, and to know it was not, and *could* not, be her fault. We tapped for that choice.

She was upset now and sobbed saying she knew he did something bad and she hated him for that but she loved him and needed him.

**Even though I love dad  
and I hate this bad thing he did and**

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### **hate that he did it to me...**

She started to feel like she was choking and had pain and pressure pushing down on her.

### **Even though I have this choking feeling this pressure feeling...**

The feeling lessened considerably and she became calmer but she said, "I can't take control, I can't express anger ... I may mess up ... and he will be right. If I mess up I will prove him right and I can't let that happen. He said I would screw everything up, I needed him, I wouldn't know what to do without him." We tapped on that.

**Even though I can't have choices  
can't take control  
I may make a wrong decision  
and mess up and  
then he would be right and  
I can't let him be right ...  
I can't take that risk...**

## **She now started laughing and said what a ridiculous thing to say.**

I asked her how she felt about expressing anger now and her intensity went up, she felt frightened.

We tapped for this and again she came back to being frightened of being angry, as that would mean her dad really did do something and that would prove he didn't love her at all and she needed him to love her.

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**We tapped for that and she realised she was sad.** We tapped on this sadness and I asked for whom she was sad, and she said “for him and me.” We tapped,

**Even though dad was too messed up  
he did a bad, bad thing to me  
I wish he hadn't done it  
I wish it wasn't true  
I wish he could have loved me  
I am sad for him  
I am sad for me...**

**Even though dad did this bad thing to me and  
I don't know why ...  
why me ...  
I choose to know IT WASN'T MY FAULT.**

When she said out loud, “It's my fault,” it was 0 out of 10 for being true. We tapped,

**Even though I need dad to love me ...  
to know I am lovable ...  
and to love and to know I am acceptable...**

When she said out loud, “I can only know I am lovable if dad loves me,” it was 0 out of 10 for being true. We tapped,

**Even though dad was wrong  
there was something wrong with him  
that's why he couldn't love me  
it was his problem not mine ...  
I don't have to have him love me ...  
my being able to love is not dependant on dad loving me...**

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Her level of intensity on the phrase, “Dad didn’t love me,” was 0 out of 10.

### **I asked her to recheck her chest and it was glowing ...**

breathing was easier, and her headache, and all back and shoulder pain was gone.

She felt calm now and hoped to continue to process the trauma memory but reported that it was already feeling less intense. She also said it would be her last appointment with her regular psychotherapy, as she preferred the gentleness of EFT.

**She could not believe she was coming away feeling better** than when she came in. I felt sad for her that this had been her experience of therapy so far.

**She also told me she clearly saw she had been holding** onto anger that her mum had not been there, had never protected her or made her feel safe that it would be OK to tell someone what was happening.

I showed her the [Missing Mother Syndrome website](#) on my laptop, and the list of feelings common to people who felt their mothers were emotionally unavailable.

She recognised all the feelings. and wept with relief that others have experienced the same feelings. She expressed readiness to begin dealing with the feelings, confident she could do so with EFT.

When she returned to her therapist he told her he felt unable to work on the issue and that he felt there must be something blocking her, which meant she was unwilling to process the memory. I think we proved that to be true. He suggested she write a letter to her father.

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She found this interesting. She had done this before and her letters were, "Did you do this?"

But this changed now to "Why did you do this?"

**She could also think, "Dad didn't love,  
me with no level of intensity.**

She was aware that the original memory was not so disturbing, even without having actually worked on it yet with EFT.

I look forward to working with her again as she is now ready to process the memory. Or whatever else she really needs to do!

*Gillian Wightman*

[EastNeukTherapies.co.uk](http://EastNeukTherapies.co.uk)



# 8

# Getting Over A Gang Rape

Ellen Simes' client was gang raped and, of course, held within herself all the anger and related emotions that go with that experience. Ellen is well studied in EFT and, as you might expect, separated out many aspects for tapping. As you will see, this one session allowed the client to travel a long way down the road to resolution.



**I have been using EFT for a little over a year now.** I have watched the original [EFT tapes](#) several times, the Ultimate Therapist tapes a couple of times, and just recently purchased From EFT to The Palace of Possibilities.

Last June, “Ann” came to me for Reiki. She wanted me to help her release stress and anger she felt she was building up. Work was overwhelming and her relationship with “Steve,” her partner, was unwinding.

We sat and talked before the Reiki session, and I asked her if she knew where all the “anger stuff” was coming from. She said she had never gotten over being gang raped 20 years ago by her ex-husband (“Neil”) and a bunch of his service buddies (he also beat her regularly in those days, and was verbally abusive).

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**She felt she could never forgive him** (Neil), even though she had been through much traditional counseling. Her history was negatively affecting her current relationship with Steve, and her ability to be intimate.

**I suggested that before we do Reiki, we try EFT** (it was a new tool for me) and attempt to clear up the energy system a bit so that Reiki might be even more effective. She was willing to give EFT a try.

So Ann started telling me her story, and immediately had a SUDs [0-10 intensity] level of 10+. We defined that aspect as feelings of helplessness, and did two rounds of tapping to get that to a 0. As she retold the story, many other aspects came up and we tapped for them all. Some of them were:

- ❖ anger at her husband
- ❖ anger at the other men involved
- ❖ anger at herself for allowing it to happen
- ❖ disgust at herself
- ❖ feelings of shame
- ❖ feelings of weakness
- ❖ feelings of dirtiness
- ❖ feelings of embarrassment
- ❖ feelings of worthlessness
- ❖ why did this happen to me?
- ❖ I made this happen
- ❖ I am not good enough
- ❖ I did not deserve this
- ❖ this is my fault
- ❖ why me?

and even more.

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**We tapped until each one was a 0.** The whole process took about an hour and a half, and was, at times, a tearful encounter. Ultimately, she told the story in several ways, and commented that it was like watching a movie—she was now outside the events, no emotional charge to it.

**She was thrilled and amazed.** We moved on to her Reiki session and she left relaxed and happy.

Two weeks later I received a call from Ann. She wanted to tell me about what had happened to her. She was on the phone with her ex-mother-in-law (with whom she had remained in contact throughout the years) who had called to wish her a happy birthday.

While Ann was speaking to her ex-mother-in-law, her ex-husband “Neil” walked into the house and grabbed the phone. He said “happy birthday Annie” in what she heard as a sarcastic tone of voice.

**Ann said she was amazed**—normally that would have caused her to “freak out” and go into panic and fear and an anxiety attack. Instead she just thought it was ridiculous and told him to put his mother back on the phone—no emotional charge. She was thrilled.

**Five months later Ann decided to file for an annulment** from “Neil” (although they had divorced years ago, she had never gotten an annulment). She sent him the papers and was at peace with whatever would happen. He called her and they were able to have lunch and talk. He actually apologized and said he wanted to help her gain the annulment and whatever else he could do to make amends.

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**Ann has since been able to talk with this man** and explain how his past behaviors hurt her and caused her both physical and emotional pain; and...

**...she has been able to help both herself and him through a healing process.**

**Her relationship with “Steve,” her current partner,** has become more comfortable and they are now working through intimacy issues she had previously been unable to approach.

During all this time, Ann was seeing a traditional therapist and receiving medication for depression. She recognizes, as I do, that all of these tools have helped her to heal, and that they have worked in synergistically to produce results she had only dreamed of in a short time frame.

I have changed names to respect client confidences. Thanks for letting me share this experience.

*Ellen F. Simes, Rph.*



## 9

# Cleaning Up A Rape Trauma

### Part I

Last year, Stephanie Rothman, CHT, hosted an EFT workshop which I conducted in San Diego, CA. It was 3 hours long and was attended by 40 people, many of them therapists.

**Kathleen, an attendee, told me at the break that she had been raped many years ago.**

**She also told me that “It was okay now.”**

**She felt she had dealt with it** through her many therapies over the years and it “really didn’t bother her much.”

I’ve listened to like stories many times, of course, and become quite skeptical when I hear them. What is usually meant is, “I’ve learned to live with it....to manage the pain....to sweep it under the rug so I don’t have to look at it.”

**Rarely, I find, is the issue truly behind them. It usually needs to be cleaned up.**

**To test it, I had Kathleen say, “I was raped.”** Instantly she shot

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up to an emotional intensity level of 7, and then agreed to work with me in front of the group. In 10 or 12 minutes of using EFT (for several aspects) the problem vanished. She was able to talk about the incident in great detail and reported that she was free of it. You could see the change in her posture and face. She was relaxed about it. This is typical of these procedures.

**Will it last? Probably. At least that's the case with** the vast majority of such healings.

In the few instances when the feelings do come back (or at least appear to), it is either because of an energy toxin (which must be identified and eliminated), or some other aspect of the problem is showing up which was not identified in the original session. Another aspect, if present, is handled routinely with another round or two of EFT.

**I'm a great one for testing results to see how well they** stand up later. Many therapists, I find, prefer to lightly touch the problem with a mild test such as, "How are you feeling now?" That's sort of a "safe" way (for the therapist's ego) to test, but it doesn't tell you much, in my opinion.

**My test is purposely more blunt because I genuinely want to** know if the client is truly free of the problem. So, to test the result with Kathleen, I called her yesterday and discussed it with her in more detail. No problem.

**I then got down to the real core of it and asked her to say,** "He got on top of me and humped me for 20 minutes."

She said it rather easily, but reported a momentary rise to an intensity of "1 or 2." It subsided quickly. That was all. Easily tapped away.

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*The cause of all negative emotions is a disruption in the body's energy system*

By the way, I would never ask a client to say such a thing unless I had plenty of evidence that they could do so without causing significant pain. I am rarely wrong as I have hundreds of experiences in these situations (as do many readers of this).

## Part II

**I'm taking major gas in cyberspace for asking Kathleen (the rape trauma victim) to say, "He got on top of me and humped me for 20 minutes."** Just thought you should know. Many lessons here for all of us. Listen in.

I'm being kicked all over the traumatic-stress list and FTN list for such "crass" and "unprofessional" use of language. Therapists around the world (none of whom were present in the actual session) dipped into their conventional belief systems (and their imaginations) to raise red flags about re-traumatizing the client, unethical conduct by a male practitioner, innuendoes of sexual misconduct, blah, blah, blah, ad nauseum.

It seems like every time I tune into cyberspace I read about my villainous exploits as strangers play ego ping-pong with me and EFT.

*To my knowledge, not one of the cyber-detractors ever mentioned the fact that Kathleen got completely over a major rape trauma in 10 or 12 minutes, and that she was so free of it that she was perfectly willing to discuss her EFT experience with any validly interested party by phone.*

Somehow, that fact escaped them. It is an amazing spectacle of ignorance and one you need to be aware of.

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**By ignorance, I don't mean lack of intelligence.** I mean lack of information. A few supporters emailed me with some perspective about all this and I wish to thank them for their insights.

Think about it! The vast majority of the therapists in the world are relatively ineffective (compared to EFT) with trauma victims (sorry, but it is true).

Sure, they try. Their intentions are in place. They savor what little headway they make and are indeed making loving attempts toward healing. But when push comes to shove, EFT is unbelievable to them. So is TFT™.

They don't "get" that true healing of even the most debilitating of traumatic events is possible in minutes.

Why? Because they've never seen it done consistently. They call EFT "promotion," "a magic trick," or "deceit against unsuspecting clients." They consider it dangerous. It is a threat to them because this ability is unknown to them and is totally beyond their belief system. It wasn't taught in school so it can't be done.

They defend their position by attacking the unknown. This is natural. Every profession does it. It is part of being in "the club." People want to be right. They don't like their beliefs threatened.

## **Consistent results with traumatic healing is routine for EFT.**

Not every case runs smoothly, of course, but the vast majority of them are handled quite easily in one session. This is perfectly evident on the EFT tapes and many of you have experienced it already.

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**The process is relatively painless and the result is usually** long lasting. The client is simply free of the issue. That is why I can test my work creatively and thoroughly with great confidence.

When I had Kathleen say, "...he humped me for 20 minutes," I was testing my work in the most useful of ways. I did not and cannot give a twit for the opinions of others who weren't there and know nothing about EFT.

I wanted her to relive the event in graphic terms and see if any emotional intensity emerged upon her saying these words. I've done this hundreds of times.

As a practitioner I have a duty to test my work. I owe it to the client. I am being incompetent if I don't. The terms "humped," "fucked" or anything else are *just words*. But in this case they are excellent choices because, if there is anything left to the trauma, they are likely to trigger it and, if something does come up, I want to know it.

### **In Kathleen's case, she is free of both these words and the rape event.**

Interestingly enough, the only people offended by my choice of testing were those who were not there. Kathleen was not offended at all and, in fact, appreciated the test. She wanted to be free of her trauma and recognized instantly my caring attempt at being thorough. While the particular words were crass to those who choose to speculate on a session they didn't see, they were ideal for Kathleen.

**As healing practitioners, we have an obligation to do** everything possible for those who seek our help. It would be easy,

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I suppose, to bend here and there and compromise my methods in the interest of appeasing those who are ignorant about the power of EFT. But I would be doing so at the expense of my client. No thanks.

### Part III

The table pounding I did yesterday on being “kicked around in cyberspace” over Kathleen’s rape trauma created a heavy reaction from you. Good! A little controversy is good once in awhile. Many of you wrote supportive letters saying Bravo!

Some, however, thought I might have been riding a little too high on my horse. I re-read my memo and plead guilty to the horse thing.

Basically, I feel I got a little too heated over the opinions of those who don’t have enough background to properly evaluate EFT and/or my methods. I’m okay now. Pinky swear.

That notwithstanding, I’m going to revisit the Kathleen case because it gives us the opportunity to dissect the important subject of testing our work.

There are a few background details about how this case was handled that merit our attention. I discuss them below:

#### **1. The first thing I had Kathleen do was a round of EFT for “this event.”**

*Notice that the wording was purposely broad and relatively easy for her to say.* More pointed words like “rape”, “sex”, “attack”, “assault”, etc. were nowhere in sight.

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**I didn't expect this first round to solve the problem,** but I did expect it to “take the edge off.” It did. This is a good tool to use when you are dealing with a potentially explosive problem.

**2. After that I asked her to tell the story as though she were** narrating a movie.

She was to start at a point before the event that was easy to discuss. As the story progressed, she was to stop any time she began feeling emotional intensity. We would then tap for the particular part of the story that was bothering her and would not go further until she was perfectly OK with it.

**3. She stopped on 3 or 4 occasions as she recalled various events.**

At one point in the story she woke up and “saw a naked man standing there.” At another point she could smell his breath which reeked like “he had smoked 100 cigarettes.” Finally she recounted him “getting on top of me and doing his thing.”

**4. Each time she stopped we used EFT for less than a minute to get it down to zero.**

After 10 or 12 minutes she couldn't get any charge on the rape trauma. She was zero across the board. She spoke of it as though it was a walk around the block.

**5. While I felt she had made great headway and was probably done with it,**

I then began to probe a little deeper and asked her about the

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“penetration.” This is a test, of course, and she was fine with it.

### **6. Over the next day or two, I remembered her phrase, “getting on top of me and doing his thing.”**

To me, “doing his thing” was descriptive but it could have been a defense mechanism to avoid having to emotionally confront the crescendo of the trauma in vivid terms. That’s when I chose to have her say, “...he humped me for 20 minutes.” Much more on point, and a strong test of the previous work.

Many therapists have asked whether the term “humped” was from her vocabulary or mine—the implication being that I shouldn’t go any farther than her phraseology. If she had previously used the term “humped” then, presumably, it was okay to use. Otherwise, I should stay away from it.

I don’t know what school that’s taught in, but the notion strikes me as absurd. If I use her language, then all I’m doing is testing something she has already managed to say. No, no, nooooo! I *must* use more vivid language if I am going to perform an adequate test. Thus the word “humped.”

The only reason I didn’t have her say “fucked” was because I felt that was *too* far out of her normal vocabulary and the term itself would be offensive beyond the boundaries of the rape trauma.

As it turns out, I was right. When she said, “...humped me for 20 minutes” on the phone, she went temporarily to a “1 or 2”. She called me back 5 minutes later to tell me that the “1 or 2” had nothing to do with the rape. It was the word “humped” she was reacting to. The word, mind you, not the rape.

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If you want to observe another trauma using this method watch the session with Rich, the first Vietnam Vet on the “[6 Days at the VA](#)” videotape.

The same process is used with Robert later on in the tape.

Hope this helps,  
Gary Craig  
Founder of EFT  
[emofree.com](http://emofree.com)

P.S. I still don't know why all those therapists in cyberspace jumped on the word “humped” and *completely ignored the healing of a rape trauma in 10 or 12 minutes.*



# 10

## Peeling Away the Layers of Sexual Abuse

Betty Moore-Hafter gets to a core issue regarding sexual abuse. I include my own comments to augment her message.



**I continue to be amazed at how EFT often ‘peels the layers’** and gets to the heart of the matter where deep healing can occur.

**Betty Moore-Hafter:** In a recent session, my client, a young woman, told me she had worked through her childhood sexual abuse issue in therapy, but still felt that fears and other emotions got in the way of intimate relationships. She said she ‘keeps people at bay,’ and ‘loses her center’ when she gets involved, so relationships have always backfired.

**Gary Craig:** I learned something very important early on with these procedures. That is, when a new client (who hasn’t done tapping before) says something like, “I worked through my childhood sexual abuse issue in therapy” **THEY ARE ALMOST INVARIABLY WRONG!!!!**

They’re not lying, mind you. What they mean is, they have learned

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to cope with it, to repress it, to change subjects when the item comes up. But they haven't resolved it.

**“Working through it,” to most non-tapping clients, means** they have talked about it repeatedly in therapeutic sessions to hopefully gain “insights” and thus “feel better about it.”

**But ask them a pointed question that gets to the heart of the** matter, and you will often get cringing, tears, physical upsets and other symptoms of a still unresolved issue (in which they have invested years of effort and a wad of money). This client came in the door with sexual abuse issues unresolved, as is indicated by her difficulty with intimacy.

**BM-H:** I asked how she felt talking about all that, and she said it affected her stomach. “My stomach feels gurgly and gassy, it's holding onto something, not letting go. Something is not being processed the way it should be.”

So we started tapping on **“Although there's something I can't digest and process...”**

**GC:** Superb! The creative turning of a physical symptom toward an emotional issue. This pays dividends as you will see below.

**BM-H:** Her stomach calmed down with the tapping and I asked, “If your digestive system could say what it is that it can't digest and process, what would that be?”

The answer she got was “Too much excitement. I just can't process it. I get overwhelmed.” We then tapped on **“Although I get overwhelmed”** and she said, “yes, part of me hates that feeling... but another part of me craves it, it's like teen energy, I love the excitement.”

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I asked her to just close her eyes and be aware of what that does inside: “It must set up a tension, an anxiety, to have these two opposing parts.” She said she wanted to learn to contain it all, to enjoy excitement without being over stimulated. So we tapped for “although I tend to get over stimulated”... and she began to get images of herself as a child.

**GC:** This is a perfect example of how tapping for broader issues such as “overwhelmed” and “over stimulated” often uncovers more specific items.

### **EFT has a way of unearthing more important issues by “clearing away the protective debris.”**

**BM-H:** She became aware that as a child, if she felt good about anything, she couldn't contain it, had to ‘go out and burn it off.’ This had been true in adulthood too. Feeling good made her ‘want to go out and party.’

Gary, I thought of what you say about addictions—that *there's always underlying anxiety driving the compulsive behavior*. I suggested that she close her eyes and think about feeling good. “And what does that do? Does it give you a calm feeling? Or does feeling good give you anxiety?”

It was as if a light went on in her head. She realized that this was the core of her inability to have successful relationships—whenever she would get close to someone and begin to enjoy the pleasure of that, the anxiety would be so strong that she would have to sabotage things.

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**GC:** Sabotage things? Why? There's an experience, an event, a core issue behind this which, if you can find it (or them), you can achieve true resolution.

**BM-H:** So we tapped for "**Although feeling good makes me anxious...**" And tears welled up.

### **She realized that, as a child, at times "the sexual abuse felt good—but it was bad."**

And so she was still carrying that strong inner message that it wasn't OK to feel good.

We tapped for "**Although I learned that feeling good was bad...**" and "**Although my child believed that feeling good was bad, I deeply & completely love and accept my child [self] and I know she was a good girl and it wasn't her fault.**"

This was all very moving—it was the first time she had truly felt compassion for how confused that part of her had been. We tapped on "**releasing this belief that feeling good is bad.**"

**GC:** Sexual abuse is among the leading issues that drive people into therapist's offices. While I'm not a therapist, I have certainly had my share of consultations with this segment of the population. When I ask them what emotions they have about it, I almost always hear fear and anger. That's understandable.

But do you know what term I have RARELY heard them use (at least at first)? Guilt. The sexual abusee rarely brings up guilt until I prod them about it as the session unfolds.

Of course there's guilt. Of course. Of course. Sexual abuse

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involves our pleasure zones. Sex is nature's greatest feelie, and it is very likely that at least part of the sexual abuse feels good to the abusee. This is not *always* the case, of course. I certainly recognize that.

But if you ask probing questions and have the proper rapport, *you will find a majority of such cases have GUILT as the primary issue—not fear or anger.* “It feels good but it's not supposed to. I liked some of it but I shouldn't have.” All this shows up in this client as “feeling good is bad” and it is affecting her everyday behavior—especially intimacy.

**Guilt and sex often go hand in hand** but yet our social pressures are such that abusees would rather work on their fear and anger rather than their guilt. They don't even want to face the guilt. Who would? Fear and anger are directed outwardly. With fear and anger we get to blame someone else. It's easy to do.

Guilt, however, can only be an “inside job.” People resist working on their own guilt. However, with many sexual abuse cases it is THE issue to address and complete resolution will not come about it is handled.

**BM-H:** There was more to the session as we tapped on the pain of how there was no one to tell (about the abuse) and no one to help her... grief for all she had lost by not being able to bond in relationship with others during adulthood.

Then, at a certain point, she got in touch with some very positive childhood memories, feeling great about her body while excelling at a certain sport, really in the flow, ‘feeling good and calm at the same time.’ We ‘**rubbed in the positive**’ using the EFT points, rubbing in ‘**the feeling of being fully alive and not over stimulated, just calm and in the flow.**’

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When I spoke with her a few days later, she said she really felt different.

### **Connections with people feel different.**

“I feel an easiness being with people. I just feel closer. It’s like the anxiety all went away. There’s a part of me that feels really peaceful now. And I’ve been really energetic!”

It’s so wonderful how the positive life energy flows when the negative that has been weighing it down is removed.

I can’t tell you how grateful I am for EFT. Over and over, I have clients who say, “Therapy helped but...” And then EFT takes them to a new level. This work does accomplish breakthroughs and profound healing—quantum leaps!

Love & hugs,

*Betty*

[HolisticHypnotherapyEFT.com/](http://HolisticHypnotherapyEFT.com/)



# 11

## A Journey Through Hell

We owe major appreciation to Pat Gurnick for sharing with us her recent experience as an EFT client. She lived through a childhood so abusive that most of us would avoid discussing it, let alone experiencing it. It approached ritual abuse in its severity.

The key word in this leg of Pat's healing journey is forgiveness. As you will see, she has every reason to hold within herself mountains of anger and other hateful emotions. This is normal—par for the course—we all do it. It is an “inside job” which harms us until we can truly let it go—until we can be free of it and forgive.



**My older sister, Judy, is mentally ill** (Borderline Personality with Psychotic features) and has been in and out of mental hospitals. She badly abused me from the time I was a baby until age 10.

**I was told she put alcohol down my throat as a baby**, and dropped me from the crib--besides other things unmentionable.

As I grew older she physically abused me by trying to put me in scalding hot showers, in hot ovens, and on top of the oven burners—I fought for my life. Stepping on broken glass was her

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favorite torture. Included, of course, was non-stop emotional abuse.

I had many emotional and physical problems as a result of the abuse as well as my parents' lack of protection/abandonment.

Two months ago, I was privileged to start working with Dr. Marilynn Snow Jones, my chiropractor, who applied EFT on my behalf.

**I have used EFT for physical ailments such as headaches** and neck pain and it eliminated the symptoms. As for the emotional trauma, I am proud to say I can now actually stand to be in the same room with my sister Judy, hug her, and listen to her, just from the brief work we recently did.

**Before 2 months ago, I went into terror and panic** when I thought of Judy. I never wanted to speak to her again nor even acknowledge that I had her as a sister. I hated her from the bottom of my heart.

Now, since my EFT treatments with Dr. Jones, I can talk to Judy on the phone and give her sisterly advice.

Recently (she lives in Colorado and I live in Los Angeles) I saw her at my nephew's wedding and gave her a warm greeting. It was amazing.

Dr. Jones performed the setup and sequence (didn't use the 9 gamut) with me while, among other things, I stated, **"I forgive her for abusing me and forgive myself for not being able to protect myself and I forgive all those who did not protect me."** It took about 3 sessions—an hour or so—with aspects abound, to finally get to this point.

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I was yawning when releasing, which gave Dr. Jones the cue that the issues were being processed and that the energy disruptions were corrected on that particular issue.

**We found working on 'specific' incidences** of the abuse helpful when performing EFT. For example, we worked on emotions that included: HATE, RAGE, TERROR, GRIEF FOR THE ABUSED LITTLE GIRL THAT I WAS, ANGER AND ABANDONMENT to name a few.

At points I felt nausea, numbness (stated "**even though I feel numb...**"), lump in my throat and a sensation that a hand was around my throat or that my arms/legs were being held down. All these aspects came up as we did EFT, and we moved through them!

**I never in my wildest dreams thought  
I could ever be civil to my sister,  
let alone hug her!**

I feel it has not taken away what has happened, but it has taken away the unbearable emotions and made my life more peaceful! I'm still not done with it. There are still some past memories and grievances that "get to me." But the distance traveled so far is very freeing. It's remarkable.

Best wishes to all,  
*Pat Gurnick, B.A., C.A.C.*  
[CaringCounselor.com](http://CaringCounselor.com)



# 12

## Rape Trauma Collapsed

Note how Mark Brackenbury tiptoes into this rape trauma and collapses it before knowing what it was.



**I am quite new to EFT but have had amazing results** on almost everyone I have tried it on. I have a few wonderful stories but I'll stick to one I'd like to share as it has three first-time experiences for me.

I am starting to get a business going working with clients in the areas of mental and emotional healing and growth, and have been working on getting experience with EFT, as it is an obviously powerful tool to have in the toolbox. So any chance I get I try it out on friends or anyone I run into that may be open to it. This case is an example of someone I didn't really know but I thought would go for it and intuition told me she could use it (not that we all can't use some healing).

I was paying to see *her* for some therapy of a physical nature, and it was at the end of my second visit with her that I offered to do a little tapping. Our total time together with me as the client was 2 hours, so we had definitely made some connections.

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She said yes but was pretty hesitant about telling me what the situation was. I told her I don't need to know—although part of her wanted to do it, part of her was holding back.

**So I suggested we tap on the anxiety she felt from thinking** about telling me the issue (looking back I suspect it was more to do with addressing the situation at all and the whole process). But we tapped for the anxiety about sharing the issue.

After a couple rounds I asked her how she felt and she said she felt very angry. I asked her if there was a word we could use for the situation and she said she now felt very sad. I said we can address multiple emotions but it would probably work best if we could focus on one. She then told me she felt another emotion (I forget which one) and continued by saying that her emotions were jumping all over the place.

I suggested we tap for her emotions being all over the place or jumping around. I forget the exact words used.

I went through the whole long process with the 9 gamut [an extra tapping point—see the *Advanced Change Your Mind! with EFT* at [EFTBooks.com](http://EFTBooks.com)] and the sequence twice with a few extra taps on the Collarbone (I'd like to think this is intuitive but I do that with everyone pretty much).

I figured stopping and assessing whether the emotions slowed down might get her to focus on one aspect and then it might jump again if we started working on that aspect. I don't know but felt like I should just get as much as possible before stopping and looking again.

So then I asked her how she felt. She thought about it and said fine. So I asked what emotion was coming up now. After a short

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pause she said nothing. I asked her to think about the situation a little and if anything started to come up to let me know. Again nothing.

### **Getting her to take her mental well-being into her own hands,**

I asked her to close her eyes and to try to bring something up and if anything started to come up not to get in too deep, just to let me know.

Again she said no emotions came up. So I asked her if she could tell me what the issue was. She said yes, and said, "I was (short pause) raped."

I asked her if she had any emotional response to sharing that with me. She didn't. I asked her if it was something she could normally share with people. She said no. She proceeded to tell me about it in some detail. It had happened 20 years ago. She actually said half jokingly but half seriously, "You bastard, it shouldn't be that easy to get rid of." She'd carried it around for 20 years.

So it was my first one minute miracle, a first where I didn't know the issue and a first issue that was so acutely traumatic.

*Mark Blackenbury*

[LifeForceConsulting.ca](http://LifeForceConsulting.ca)



# 13

## Rape by A Friend; Suicidal; No Sex

**A woman recently came to me for serious symptoms related to a rape by a “friend” that had occurred 5 years ago. She had PTSD symptoms with suicidal thoughts and inability to be sexual with her husband of 4 years. In the first session, I did an evaluation and told her about EFT.**

**I asked her to make a movie (video tape) of the experience, name it and put it on my shelf. She named it “hell.”**

I asked how she felt having this movie on my shelf and she felt scared but relieved. I use this as a containment procedure. We did several EFT rounds on the feelings of the movie being on the shelf. I asked her to leave the movie on my shelf and return in a week. I also told her that we would probably be able to complete treatment in 2-4 sessions. She seemed skeptical.

Next session, I had her begin the movie and progress one frame at a time, and processed the feelings along the way. We got through the entire scene.

**She was able to say she realized she didn't do anything wrong.**

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As it was apparent there were no other negatives, I asked her if she could change the name of the movie. She said yes and changed it to “Hope.”

I asked her to return in 2 weeks for a check, but told her she was probably over this. Third session, she said her husband had commented on how “nice” she had been lately and she reported she had no further symptoms of the rape.

**I reviewed her beginning symptoms and she marveled** at how she had progressed. I went back and tested with the statement “**Even though I was raped...**”—no reaction.

I tested “**even though I was raped by someone I thought was my friend**” and she had hurt at an intensity of 3. We processed this in 2 rounds and she was fine. I told her I had promised 2-4 sessions and it was 3 and she was finished.

**She reported that she thought I was crazy** when I told her that in the beginning because she was sure it would take lots more therapy. She left my office bubbly. BTW, she was 5 months pregnant and no negative side effects. I find these cases so rewarding!

**People just don't have to suffer the way they used to.**

I know relieving their pain can change the course of their lives. What a privilege we have!!

*Laura Campbell, BCSW*



# 14

## Repressed Memory of Childhood Abuse

**“Miranda,” age 51, attended** a 3 day EFT seminar in February of 1996. In recent years, she had harbored a haunting feeling of being sexually abused around age 5 but had no specific recollection of any such event.

She was made aware of this possibility through a spiritual adviser but her only evidence was this feeling (which was a clear drag on her self esteem), and the fact that her father told her she had a distinct personality change around age 5. She agreed to work with me on stage in front of 20 seminar participants.

**Tears came even before we started as she immediately** announced she was afraid to find out what had happened. She had a clear expectation of success (and thus a valid fear of finding out) because she had witnessed a 90% success ratio for the previous 2.5 days for everything from pain to phobias to traumatic memories to sinus problems.

**This expectation of success stands in contrast to most** conventional therapy where it is usually expected to take weeks or months to see even the first signs of progress. This expectation on Miranda's part is a testimonial to the power of these procedures.

## EFT for Abuse

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**I applied EFT to Miranda's initial fear and it subsided in** moments. She then verified that she was ready to go ahead with the repressed memory. I proceeded to address her "block to recalling the memory."

Eventually, she recalled the incident, but along the way she went through a series of separate "uneasy feelings" which she was unable to identify with labels such as grief, fear, disgust, etc. These were just intense feelings about the issue and that's all the identification she could give them.

However, it was clear that each of these feelings was a separate aspect of the whole problem because each came with its own distinct combination of tears, body trembling and stiffening of the arms.

I used EFT for each of these unnamed feelings (there were 5 or 6 altogether) and each of them subsided in short order. To my knowledge, no individual process exists for repressed memories or unidentified feelings and that is one reason why the all-purpose EFT process proved so helpful.

**After about 20 minutes of applying EFT to this multi-faceted** problem, she recalled the incident in detail. The abuser was her uncle. She recalled the penetration without emotional charge and even remembered his specific words, namely, "This is how uncles love their nieces."

## **She was emotionally free of the issue.**

No charge whatsoever. We even joked about it along with the audience.

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In the 15 months since this session occurred, Miranda has successfully used EFT for other issues (such as headaches).

**She has had no need to use it for this incident** because it no longer occupies any mental space. She feels free of it, and described our session as providing a “clearing of the issue.”

Except for my recent follow-up phone call and the discussion of her EFT seminar experience with friends, the issue no longer comes up. It is gone as a piece of emotional baggage and she “doesn’t think about it anymore.”

When discussing it with me recently, she retained only a normal, mild degree of disappointment about her uncle’s behavior.

*Hugs, Gary*  
*Gary Craig, Founder of EFT*  
[emofree.com](http://emofree.com)



# 3

# Childhood Sexual Abuse

Using UNDERSTAND in the Set-Up phrase for childhood molestation: many EFT'ers weave the term “forgiveness” into the EFT Set-Up phrase. I've done it myself, even with entire audiences.

This is especially useful in cases of abuse because, without it, the angers and resentments held by abuse victims will likely continue to seethe under the surface for many years—possibly even for a lifetime.

**However, forgiveness comes in many shades** and, for some, forgiveness is “impossible”--at least for the time being. Some clients dig in their heels at the mere mention of “forgiving that bastard,” and will go no further if forgiveness is the goal.

What to do?

**Dr. Patricia Carrington provides a quality solution** in this article regarding the sexual molestation of her client “Marla”. As the story unfolds,

**Pat is motivated to substitute the term  
“understand” for “forgive.”**

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As you will see, this made a major difference for Marla.

Pat summarizes this substitution as follows:

“To first direct oneself to UNDERSTAND what happened can pave the way for a more genuine and subjectively convincing kind of FORGIVENESS.”



**Some things happen unexpectedly with EFT which lead to** innovations and new ways to employ this remarkable tool. These surprise discoveries extend the use of EFT, making us even more able to help ourselves and others.

My client “Marla” entered my office with much self-recrimination because she had failed to report an incident wherein the actions of a neighbor could have affected one of their children.

**Although no harm had come from this incident, Marla was** still upset by her inability to report the incident and proceeded to report a memory which she connected to her present behavior.

When she was nine years old she had been sexually molested by a close relative and two of his friends—something that was extremely upsetting to her but which she hadn’t dared mention to anyone at that time. She felt that this close-mouthed behavior had probably influenced her in many aspects of her life after that, and might well be one of the reasons for her recent inability to speak about their neighbor’s somewhat odd behavior.

In using EFT for this issue, we first addressed her childhood memory of the molestation which, incidentally, she had never

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mentioned in all of her time in therapy with me except only briefly in passing. Marla is very reluctant to talk about certain things and I have respected this need of hers since she has made great progress on many other problems for which she had consulted me. So, we began to work on this.

Marla started out with a prolonged silence and it soon became apparent that revealing the details of the molestation was extremely difficult for her.

Accordingly, I suggested she back track and first address her reluctance to TALK about this issue, rather than tackle the issue directly.

The set-up phrase she decided upon was:

**“Even though I’m afraid to talk about what really happened then, I choose to feel confident and dignified when I talk about it.”**

**I had suggested she use the word “dignified” because dignity** is a component missing from the emotional response of most sexually abused persons—it is usually conspicuous by its absence.

**Shame, guilt, and a sense of wanting to hide from the world** predominate in such people. Interestingly, Marla spontaneously made the comment that my suggestion to include the word “dignified” in her set up phrase, “felt right.”

Initially, her 0-10 intensity was a full 10 when she thought about describing the traumatizing incident to me.

After applying one round of the EFT Choices Trio to this issue

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(see Chapter 3 of my *Choices Manual* for full instructions for this variation of the EFT protocol—a brief description is also on the EFT web site at [Emofree.com/articles/choices.htm](http://Emofree.com/articles/choices.htm) )

She had come down to a “6” in her 0-10 intensity rating, but now felt suddenly overwhelmed by fatigue. She tapped for the fatigue, and following that tapped again for her fear of talking about the incident, and did eventually come down to a “5”. She was making some progress but somehow felt she was not doing too well on this yet. Something was blocking it. Something else seemed needed.

### **I asked Marla how she FELT (what was the feeling she had)**

about the fact that she had never reported the molestation to her parents, and her immediate answer was, “Oh! I feel Stupid!”

**We then addressed her feeling of being stupid.** It was obvious that some form of self-forgiveness was needed for this, and it was then that a thought occurred to me about self-forgiveness and forgiveness in general that I had not had before.

I wondered if, for Marla, UNDERSTANDING the behavior of her “child self” who had been afraid to tell anyone about the incident at the time might be a key ingredient in allowing her to face the incident with ease and clear it once and for all.

To explore this possibility I suggested to her that she try the following wording:

**“Even though I feel stupid for not telling anyone about it at that time, I deeply and complete UNDERSTAND why I didn’t talk about it.”**

She had started with a 9-10 intensity for a “stupid” feeling. After

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one round of the Choices Trio, her rating had come down to a “2” on the scale, and she said the word “stupid” had changed to “silly” half way through the tapping sequence.

It's always interesting to watch the spontaneous changes in wording that occur when a person does EFT. They tell us so much. In this instance, Marla's word “silly” was much lighter, more casual, less condemning than “stupid”. I was not surprised to see her smile as she told me about it. “I like to say ‘understand’, it helps,” she said.

**She had come far down in her rating** on the issue of not telling her family back then, but I knew how difficult it can be when one confronts the challenging present situation that represents a past issue. So I asked:

“How do you feel now about not telling your partner about the recent incident of your child's mother?”

When I asked this I saw Marla slump in her chair, her jaw tighten. What was she feeling about this?

“Not very good,” she said. “about an 8 or 9.” What was the actual feeling—was she still feeling “stupid,” or something else?

**“I feel guilty,” she said.**

So, her new set-up phrase was:

**“Even though I feel guilty about not reporting right away about our neighbor, I deeply and completely understand why I didn't and forgive myself.”**

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One round of the Choices Trio and she was down to a “2” in the rating and looking perky again.

“I came down very quickly during the first few taps. I swooped right down to a “2” and stayed there,” she said.

**One more round, and Marla gave me the Thumbs Up** gesture and had a broad smile on her face.

### **Her concern about the present incident was completely cleared.**

She and I are likely to be able to proceed with considerably more ease when we meet next and start work on the childhood abuse issue—when and if she chooses to work on that.

**About the word “understanding”** used in the set-up phrase and positive Choices phrases: after Maria’s session, I have used the word “understanding” during EFT for several different people, including myself, and have found it to have a profound effect.

**It seems to pave the way for a more genuine and effective form** of forgiveness for the person involved. This is not really surprising, because forgiveness is, after all, an abstract concept and can often make little sense to the person saying it—particularly if they must forgive themselves or others for something felt to be horrendous at the time.

To first direct oneself to *understand* what happened can pave the way for a more genuine and subjectively convincing kind of forgiveness. If you would like to try an experiment based on this idea, I suggest that you do the following:

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**Select some incident in your life which makes you feel uncomfortable** when you think about it: one in which you somehow blame yourself or feel ashamed, and say to yourself (without tapping—just use the phrase):

**“I forgive myself for (whatever it was).”**

How does this feel to you?

Does it ring true?

Does it get to the core of your self-blame?

Now, say to yourself (still not tapping yet):

**“I UNDERSTAND and forgive myself for (whatever it was).”**

Does this do anything for the depth and convincingness of your forgiving?

Is your reaction in any way different because you have added “understanding” to the equation?

Now complete this experiment by tapping on each of the above phrases.

Do a complete round (or more) of tapping the EFT points while saying each of the phrases.

**Don't worry if you have no conscious understanding of why you did what you did!** Just say the words. Understanding occurs on many different levels, some of them can be quite outside our conscious awareness.

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In my own experience, evoking my own understanding through the use of this new phrasing in EFT gives me much comfort and support. I find it is much like having a critical parent or teacher at last understand me. This can be a warm, safe and relieving feeling. See what it does for you!

With warmest wishes,

*Pat Carrington, PhD*

*EFT Master*

Get Pat's free newsletter at [EFTUpdates.com](http://EFTUpdates.com)



# An Invitation:

Discover more about EFT at [EFTBooks.com](http://EFTBooks.com).

You can even download a free, illustrated book that shows the simple, easy, rapid way to get great results.

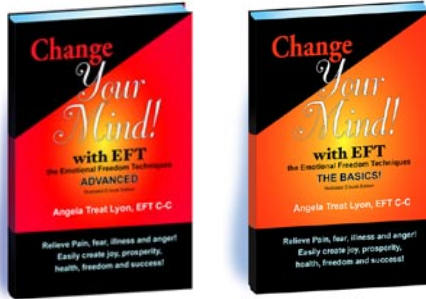
There's also a free audio recording that takes you through a mini tapping session!

Unless you're Wonder Woman or Superman, and you are utterly and completely free of any shreds of fear, anger, resentment, grief, laziness, addiction, distraction or ill health on any level, you will probably want to learn this simple technique.

I use EFT myself every day, and with my Business Success coaching clients all the time to get maximal results in minimal time.

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I invite you to get these Ebooks:

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**My best aloha to you, your health,  
Dreams, success, happiness,  
and prosperity!**



Angela Treat Lyon



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